



ASHLEY ORTEGA'S THERAPIST DISCLOSURE STATEMENT

Formal Education and Training: I received my Bachelor of Commerce with a Major in Psychology from McGill University in Montreal, QC. After working for several years, I returned to school to complete my Master of Arts in Counseling Psychology from Bastyr University in Kenmore, WA. I am currently registered with Washington State as a Licensed Mental Health Counselor (#LH61411915). Yearly, I participate in continuing education in specialized areas to be able to provide quality treatment for my clients and as a condition of my licensure in the state of Washington.

Philosophy and Approach: Life can be confusing, anxiety-inducing, tiring, tragic, uncertain, unfair...you name it. As humans, we all go through times like these; fortunately, that means there are people and tools that can help. Everyone deserves a safe, accepting, and supportive place to be seen, in all their messy humanity, as they develop greater self-knowledge and tools needed to move through life. I believe that you already have inner wisdom and many strengths (you've gotten this far!) and it is my great honor to help you connect to these as you define your goals and how you will meet them. I know that for many people the idea of sharing your story and being vulnerable with someone else can be intimidating. Through a supportive therapeutic relationship, therapy can also be a place you may come to feel hope, joy, pride, and many other positive emotions too.

Often, in the process of trying to cope and manage our lives, we develop maladaptive beliefs and behaviors. My goal is to help you identify how your beliefs, thoughts, feelings, and actions can help you move towards being the person you want to be and having the life you want. There are also forces outside of our control. In these cases, I believe it's helpful to differentiate what we can change from what we need to radically accept (while acknowledging pain, grief, disappointment,

anger). In this process, I find clients benefit from the DBT skills for distress tolerance, emotion regulation, and interpersonal effectiveness. Acknowledging the role of relationships in our well-being and that many issues can be interpersonal in nature, my work emphasizes interpersonal skill development and attachment theory.

In our work, I may also draw from Cognitive Behavioral Therapy (CBT) and Trauma-Focused CBT, Dialectical Behavior Therapy (DBT), Motivational Interviewing, Interpersonal and Social Rhythm Therapy as well as Narrative and Expressive Arts methods. I also like to integrate Kristin Neff's work on self-compassion, Gottman's work on repair in relationships, and Brene Brown's work on shame and vulnerability. Overall, I seek to collaboratively develop an approach and a toolset that you can use independently outside of sessions.

Participation: The therapy experience is created both by the therapist and the client. Both participants are encouraged to be honest, open and curious. Please feel free to ask questions about any aspect of the counseling process and be honest about your thoughts and feelings. This is an important component to change. Therapy can be difficult and uncomfortable at times—it may arouse intense emotions, recall unpleasant events, and/or alter close relationships. This is a natural part of the therapeutic process and I encourage you to discuss these things as they arise. At any time, should you wish to discontinue therapy, you have the freedom to stop. You may also refuse to do a particular activity or request a referral to another therapist. Most important is your experience as a client. Together we will work to ensure a positive therapeutic experience.

Consultations: I regularly consult with other experienced professionals regarding clients with whom I am working. This allows me to gain other perspectives and ideas as to how to best help you reach your goals. These consultations are obtained in such a way that confidentiality is maintained.

Scheduling Appointments: Appointments are generally made on a regular, weekly basis. Appointment times are not automatically held open for you from week to week. It is your responsibility to reschedule at the end of a session. I will attempt to keep the same appointment time available to you unless frequent cancellations have been made. If it is necessary to change or cancel your appointment, please let me know as soon as possible. I will charge you a full session fee

for appointments that are canceled less than 24 hours in advance. I will let you know at least 2 weeks in advance if I will be unavailable for a session, excepting emergencies.

Termination: The length of treatment is an individual process that is determined by the therapeutic process. I believe the terminating process to be as significant as the rest of treatment, in which we will work together to make this transition as smooth as possible. When your treatment comes to a stopping point, please know that you may return at any point in the future.